



El Espartano Noticias

Un estudiante hace documentales sobre el arte de San José

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Professor fights disability stigma

By Nathan Doyle
STAFF WRITER

For those in attendance in room 225 of the Martin Luther King Jr. library this past Wednesday, the afternoon was a moment for students to gain a greater understanding of society.

To start off San Jose State's University Scholar Series, special education professor Saili S. Kulkarni spoke about her research on the ways learning disabilities can affect people of color.

The series is a monthly event in which university scholars are promoted to speak at the library and reflect on their own research and findings.

Kulkarni touched on a variety of topics that correlated between those with disabilities and being a person of color in society.

"Sometimes we miss the question of disability when it comes to police

brutality," Kulkarni said.

Something that immediately caught the attention of those in attendance was the unique titling of the presentation: "Understanding Intersections of Dis/ability and Race."

"That slash is meant to represent a fracture in the field," Kulkarni said, explaining that she is trying to challenge the way disabilities are perceived in society.

Kulkarni began working in the Oakland Unified School District and said that is how she started off working in special education.

After she received her master's degree, Kulkarni said that she worked at Cal State Dominguez Hills before she started to work at SJSU.

"When hypothyroidism was diagnosed, I began to shift my perspective

INTERSECTIONS | Page 2



Apartment animals

Freshman finds an unlikely companion in amphibian

By Jaileane Aguilar
COPY EDITOR

Theater arts freshman Oliver Volk wasn't the only one who moved into Washburn Hall 22 days ago. Joined alongside him, were two African dwarf frogs: Phantom of the Hopera and Sweeney Toad.

The punny names continue with his red Betta fish named Alexander Hamilfin, who lives in the same tank as the frogs.

Hamilfin used to live in a small bowl before moving out to San Jose State with Volk. He decided it'd be a good idea to upgrade the tank since he planned on adopting more aquatic animals throughout his college career.

Volk said he was randomly visiting a PetSmart one day, when he decided he'd adopt

two African dwarf frogs as a new addition to his aquarium and care for them.

"I really like having something to take care of while I'm living here in the dorms away from home," Volk said. "It gives me a sense of responsibility."

The 2.5 gallon tank has some accommodations for its residents: an Aquaman figurine, a heater, a filter, a leaf hammock, a bus from Spongebob and a plant.

Hopera and Toad primarily live in the water, but occasionally leap out to breathe.

"They swim up to the surface, take a big gulp of air and swim back down and chill at the bottom," Volk said.

He plans on bringing more companions for the frogs and fish in the future such as snails that will help



JESUS TELLITUD | SPARTAN DAILY

Above: Theater arts freshman Oliver Volk showcases his new aquarium, a freshwater home for fish and frogs. **Bottom:** Phantom of the Hopera swims around in Volk's aquarium. Volk opens his dorm for other students to visit.

with algae and some small shrimp. Volk also wants to add a moss ball, which would naturally clean the water tank.

Volk said that having an aquarium in his dorm room has allowed him to establish a routine for himself.

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YVONNE BELLIDO | SJSU KING LIBRARY

Special education professor Saili Kulkarni speaks to students at the Martin Luther King Jr. Library.

Students snake around event center for free tickets



BENITO GARCIA | CONTRIBUTING PHOTOGRAPHER

Hundreds of students waited in the sun on Wednesday to pick up a free ticket from the event center box office into the annual Spartanfest. Waka Floka Flame, Sage the Gemini and special DJ Aspect are set to take the stage Oct. 10.



ABOUT

The Spartan Daily prides itself on being the San Jose State community's top news source. New issues are published every Tuesday, Wednesday and Thursday throughout the academic year and online content updated daily.

The Spartan Daily is written and published by San Jose State students as an expression of their First Amendment rights.

Reader feedback may be submitted as letters to the editor or online comments.

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CONTACT US

- EDITORIAL –
- MAIN TELEPHONE:
(408) 924-3281
- EMAIL:
spartandaily@gmail.com

ADVERTISING –

- TELEPHONE:
(408) 924-3270
- EMAIL:
spartandailyadvertising@gmail.com

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EDITORIAL POLICY

Columns are the opinion of individual writers and not that of the Spartan Daily. Editorials reflect the majority opinion of the Editorial Board, which is made up of student editors.

A.S. considers options for surplus funds

By Christian Trujano
STAFF WRITER

Associated Students discussed the possibility of distributing \$100 book vouchers to eligible San Jose State students during the board's second meeting on Wednesday.

The board also discussed adding 300 more vouchers to be available to students.

Book vouchers are part of the A.S. Affordable Textbook Program. which currently offers rental textbooks for students.

There is no limit to the number of textbooks a student may rent through this program, as long as the total does not exceed \$60. To apply, students must present a copy of their financial aid award letter to the A.S. General Services Center.

The motion to increase the amount offered by the vouchers passed with a 10-0-1 vote after initial arguments of limiting it at \$80. The lone abstention came from A.S. President Branden Parent, who left the room during the discussion and did not have enough information to vote.

"We should raise the amount of money for each voucher as well as give out more, because \$60 is

a really low amount," A.S. Director of Sustainability Daniella Carrera said.

But when senators discussed adding 500 more vouchers to the 853 already available for the 2018-2019 academic year, the board unanimously voted to postpone the item to the board's next meeting.

Parent motioned to postpone approving the additional vouchers after introducing the idea of a scholarship amendment.

He said he would be fine increasing the quantity of vouchers but wants to consider another use of the funds.

"With the remaining \$8,000 we can try to do something to get more scholarships for homeless students or students with food insecurities and basic needs," said Parent.

After introducing his idea, the board decided it was best to re-evaluate the numbers in its funding and come back to next meeting with precise calculations on funds available for Parent's scholarship amendment.

The A.S. budget allowed for this book voucher allocation due to a surplus because of a lack of applicants for various scholarships offered by A.S.

A.S. Executive Director



CHRISTIAN TRUJANO | SPARTAN DAILY

A.S. President Branden Parent (far right) and fellow board directors prepare for the commencement of the second board of directors meeting of the year.

Carole Dowell said the scholarship committee was only able to allocate \$18,000 to student recipients. This was out of \$76,000 available in the budget, leaving about \$50,000 as surplus.

Dowell and A.S. Controller Kethepalli proposed allocating the surplus to fund book vouchers so that money goes back to students rather than ending up in budget reserves.

"We tried hard to allocate to a lot of students," Dowell said. But she said there were too many students who didn't

meet the criteria for the scholarships.

Last year the committee gave away \$60,000 in scholarships.

One of the scholarships that no student met the criteria for was the Environmental Champion Award, Kethepalli said.

The scholarship awards students \$500 if they provide evidence showing that they have done something notable toward environmental sustainability, which none of the applicants did.

The reallocation of funds could pass in the next meeting. The board's

overall consensus would need to agree on 500 more vouchers at \$100 each.

The main point of discussion would still be what to do with the remaining funds.

"We do have a lot of money left over," Kethepalli said. "If we're increasing the amount of vouchers, we're helping more students, even if that's one book per student that's a big difference."

Follow Christian on Twitter |
@ChristianTruja2

INTERSECTIONS

Continued from page 1

and think about what we think about as invisible disabilities or invisible health conditions and how they affect people," Kulkarni recalled.

She said that her diagnosis with the disability gave her a greater insight on disabilities and she began the process of helping older people with disabilities.

This led her into studies about understanding both racism and the diagnosis of disabilities as well as the way they intertwine and how they are both viewed in society.

For students in the audience, some walked away with a new perspective on disabilities and the way they are commonly handled.

"I love how she advocated for schools to be more constructive," pre-nursing transfer student Phillip Cabrera said. "It was nice that everything was up front and to confront the situation."

Kulkarni particularly wants schools to apply more restorative practices for younger children with disabilities.

When asked what he would have liked to ask Kulkarni during the question and answer session, Cabrera said he would want to know how perspectives change.

"I would ask her how you get yourself out of those biases?" Cabrera said.

Electrical engineering graduate



YVONNE BELLIDO | SJSU KING LIBRARY

SJSU Provost Vincent Del Casino poses with special education professor Saili Kulkarni.

students Kashish Nada and Anuj Mehta were both operating the media presentation and both said they gained a new perspective from what Kulkarni said.

"It was a different perspective of looking at things," Nada said.

Mehta shared a similar opinion, praising the way she related disabilities with people of color and the increased awareness of the issue.

"It's good that people are noticing that this is the issue," Mehta said.

Follow Nathan on Instagram |
@nathan.doyle.doc

Phillip Cabrera
pre-nursing
transfer student

“It was nice that everything was up front and to confront the situation.”

Crime Blotter

Hit and run with property damage
Sept. 9, 7:55 a.m. at West Garage
Adult cited

Petty theft less than \$950
Sept. 9, 10:30 a.m. at Spartan Recreation and Aquatics Center
Information only

Recovered outside stolen property
Sept. 9, 7:18 p.m. at South 7th

St./East Reed St.
Information only

Reckless driving
Sept. 9 8:39 p.m. at East Reed St./South 3rd St.
No disposition

Committing a lewd act in public
Sept. 11, 8:49 a.m. at Martin Luther King Library
Suspect (non affiliate) issued a campus stay away notice

Students plan Latinx town hall

Meeting set to open dialogue as individuals

By Mauricio La Plante
NEWS EDITOR

Organizers from various clubs on campus are set to host a town hall meeting at the Student Union, next Tuesday, for Latinx students at San Jose State.

Biomedical engineering senior Arturo Chavez said he and other organizers want to provide a space for Latinx students to mingle among peers that could be experiencing similar problems as them.

Despite the Undocuspartan Center and Chicanx/Student Success Center being open for students to access legal services and a space to study, organizers said there is still a need for immediate counseling with Latinx students struggling on campus.

"We need help every once in awhile and we also want to talk about certain things," Chavez said. "But if there's no one to reach out to who's not a teacher or counselor or advisor, then you start feeling like you're alone in this institution when that's not true."

Chavez said Latinx students could be facing similar anxieties, and the town hall can provide a space to connect.

"Those needs stem from what we all sort of come from culturally," Chavez said. "Family conditions that we all have similar, the fact that [many are] usually low income and stuff like that."

The organizers want to provide a space where students can immediately express their problems rather than referring them

to another service.

"Not everyone can address those perspectives when it comes to providing services for CAPS or financial aid," Chavez said.

The town hall is meant to be student run and unfiltered, organizers said.

"There are limitations to what the centers by themselves can provide because they pretty much are institutionally controlled," Chavez said. "There's the student services with all these little sub-departments and whatever, but that's the best they can do, point you to someone else."

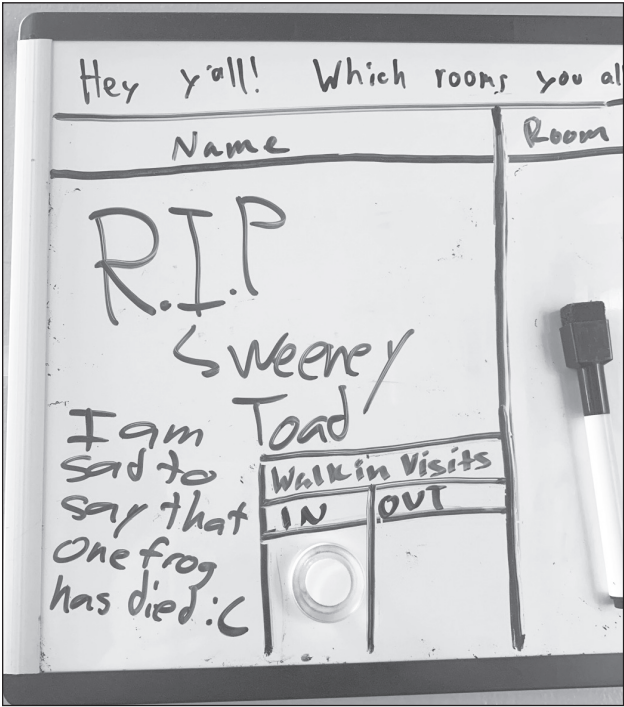
The organizers explained that they are not criticizing the services SJSU offers, but trying to supplement what they provide.

"When these sort of centers, specifically the Latinx center was created via students they made a resolution . . . but there are things happening with the community beyond that," said one of the organizers, sociology junior Francisco Mendoza.

"I think as a whole Latinx community there's a lot of shit happening, right, it's not just academically, it also has to do with our families," public health junior Christian Hernandez said.

"When I walk into these sort of centers, I amount to essentially a number," sociology senior Francisco Mendoza said. "I also amount to essentially the amount of numbers that I'm getting for the space so they can get their funds."

Follow Mauricio on Twitter |
@mslaplantenews



JAILEANE AGUILAR | SPARTAN DAILY

Theatre arts freshman Oliver Volk hung a whiteboard outside of his dorm room that indicates what hours the animals are available for students to visit.

PETS

Continued from page 1

“I can’t sleep in as much as I want to and in some cases avoid going to class because if I need to wake up to feed the fish I might as well wake up to go to class,” Volk said. “It also teaches me to take care of myself just like I care for these animals. These little guys have really helped me stay on track in terms of the responsibility of taking care of myself while I am in college.”

The African dwarf frogs need to be fed twice a day and have their tank cleaned every three months. Volk has to take precautions when they eat.

Because the frogs are bottom feeders, they only eat

food pellets once they sink to the bottom. The betta fish on the other hand, eats from the top of the tank, so Volk has to make sure he receives the food as well.

The pets aren’t just for him, Volk wants to share them with other students.

He set up visitation hours for anyone to be able to come and visit the frogs. Outside of his dorm room hangs a whiteboard that states the visitation hours when other students who live in the dorm can come and visit the animals.

His aquatic animal tank has helped Volk venture out and form a bigger community.

“I’ve met a ton of people that I would have never talked to before because they’ll just walk in and

be like, ‘Can I see your frogs?’ ” he said.

Volk’s dorm room is known to the community as “The Frog Dorm.”

“It brings a lot more attention to our room, that’s for sure,” Volk’s roommate, undeclared freshman Zackery Cartwright, said. “I don’t mind having them so I don’t do much for them. I feed them when [Volk’s] gone. I call them the centerpiece of the room.”

Maintaining the aquatic tank is rather affordable, and doesn’t hurt his limited pocket while being a full-time college student. Volk said the frogs start at roughly \$4 each.

According to PetSmart’s guide to caring for African Dwarf frogs, they have a lifespan of 10-15 years.

Unfortunately, on Tuesday, one of the two African dwarf frogs, Sweeney Toad, passed away.

Toad managed to get stuck inside of the aquarium’s water filter, leaving Phantom of the Hopera and Alexander Hamilfin with one less tankmate.

Volk doesn’t plan on buying a replacement frog, but his girlfriend might buy one to live in his tank. In the meantime, students can still visit Hopera and Hamilfin during “office hours” at “The Frog Dorm.”

Follow Jaileane on Twitter | @Jaileane1

Apartment Animals will regularly appear every week on Wednesday.

Comedy club looks to continue growth

By Diana Avila
STAFF WRITER

Let’s learn to laugh at ourselves and live with a lot more joy.

That’s what All Comedy Club SJSU learns to do as they practice and improve their comedy.

The club is preparing for the upcoming year with board members eager to increase student engagement among commuter students and other student organizations.

“My freshman year I was actually a commuter, so for me the club was a way to stay on campus more,” Chaitanya Sharma, business administration senior and president of

All Comedy SJSU, said.

Club officers met on Aug. 26 to introduce to the club to new potential members. The club’s first official meeting took place Monday.

At the meeting, the members recapped their summer events and shared the history of the comedy club over the last four years.

Sharma spoke about the struggles of growing the club and finding success in comedy, but said he enjoys seeing the club grow every year.

“We were really small; we had four to five people come in weekly,” Sharma said. “Over the years the way we have been able

to grow as we have — it’s been crazy.”

Sharma said growing the number of club members is not the only struggle he has faced.

“I have been performing for about three years and I barely started to have some kind of success this summer,” Sharma said.

The members have goals to sell out campus venues, which they have come close to doing in previous years.

“Selling out the Student Union theater would be a goal of mine, having 300 plus people,” Sharma said. “We have been close the last couple of years. I think all we need is that one headliner or marketing

it right might be what we need.”

The club members said they have fun doing what they love and can’t wait to reach their goals.

“I have been doing about every single showcase here and have been performing with every other officer here and have done my dues,” kinesiology senior Chancellor Sparkman said. “But I have only done true comedy for only two years.”

Sparkman said he is excited to perform more shows and have a memorable conclusion for his time here at SJSU.

“I am looking forward to the show with Shane Wayne,” Sparkman

said. “I think it will be very fun.”

However, learning how to be funny is not the only skill that members have taken from the club.

“I can find humor in almost any situation now,” Sparkman said. “You learn not to take everything so personal.”

Sparkman said he would like to invite other students to help them find some joy in their lives. He also said he wants people to learn how to laugh at themselves and tough situations.

Other members have found the club to be beneficial to their academics as well.

“I like the fact that I get to practice my public speaking skills,” political science

sophomore Max Altstadt said. “I have definitely improved over the last year.”

Altstadt said those skills also helped him improve his communication skills.

Officers hope to find new board members to keep the club going, as most of them will be graduating this upcoming spring.

“I want to get more people into this comedy club,” Sparkman said. “I want people to really find joy in their lives [and] just laugh. I love making people laugh, so if they can learn how to do that with others, [then they can learn] how to do that with themselves.”

Follow Diana on Twitter | @dianaavila284

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Roman Contreras
SENIOR STAFF WRITER

Drinking. Possibly America’s second favorite past time, after sports, is among one of the many things college students can find joy in during our university years.

In the upcoming weeks, I will be reviewing a series of restaurants and bars that can be found in and around downtown San Jose.

Before I spend the remainder of my weekends this semester half drunk and writing reviews, I would like to disclaim that I am in no way attempting to promote any unhealthy drinking habits.

In fact, I would like to give those of you reading some information about the dangers of unhealthy drinking and how to have both a fun and responsible night out.

The terms college and drinking are basically synonymous. Although, one theme I find common with people who do not have a successful night out is the lack of knowledge regarding their drinking limits.

In short, knowing whether you are a lightweight or heavyweight drinker.

This is not something you will just know right off the bat, so when you first start drinking, take it slow and give your body time to tell you what it can or cannot handle.

According to the Centers for Disease Control and Prevention, binge drinking or drinking in excess is most common with the 18-34 age range and those who have completed higher education. These statistics line up perfectly with the college demographic.

I used to think that the negative side effects of binge drinking were something that only existed in movies. That was until my freshman year when a close friend of mine went out to a party and drank far past her limit.

She spent the night in a hospital bed, rather than her own and had her stomach pumped to clear it of all the alcohol she consumed.

When I discussed it with her a few days later, she told me her biggest mistake was not knowing how much she could drink and not eating something before going out.

Eating before drinking is a crucial part of making sure you don’t get overly intoxicated.

Health.com said it’s best to eat protein and fats, as well as making sure you are properly hydrated.

I let my friend’s experience



ROMAN CONTRERAS | SPARTAN DAILY

I cannot stress enough the importance of understanding your drinking limit and taking the proper steps beforehand to ensure you have a fun night.

become a lesson, and promised myself I’d always take proper precautions before having a night out with friends.

It is incredibly important to know your limits to prevent yourself

or 1.5 ounces of liquor an official “drink.”

That being said, you are not expected to measure out all your drinks, or ask the bartender the alcohol content of the drink you have ordered. Instead, attempt to familiarize yourself with what a standard drink looks like.

I cannot stress enough the importance of understanding your drinking limit and taking the proper steps beforehand to ensure you have a fun night. Many drinkers end up blacking out, because they just drink way too much.

With these safe drinking tips now fresh in your mind, I’ll be reviewing a local drinking spot each Thursday.

Whether you’re new to the area and looking for places to go, or just turned 21 and need some recommendations, stay tuned folks, things are about to get real dizzy.

Follow Roman on Twitter | @RoaminRoman_52

Bottoms Up appears every week on Thursday.

SJSU

SAN JOSÉ STATE UNIVERSITY

powering SILICON VALLEY

Attend the Lucas Graduate School of Business Open House

SATURDAY, SEPTEMBER 28
9:30AM– 12PM
SJSU Student Union Ballroom

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Educate children about sexual assault



Olivia Wray
STAFF WRITER

As I near the end of my time in college, I find myself thinking of my future as a parent some day.

Truthfully, I don't know if I want to bring a child into a world where rape and violence occurs regularly.

However I might consider raising children, in hopes they will contribute to making this world a little bit better. I want my child to have the right tools and mindset in order to grow up strong and smart, especially when it comes to the topic of rape.

Parents debate what age they should teach their children about sensitive topics, according to psychologist Jennifer Sager and legal skills professor Stacey Steinberg in an article in the Washington Post.

Parents should integrate the right behavior into the way they teach their children from a very young age, instead of waiting until they fully understand what rape is.

Being blunt about rape to children isn't the issue, not telling them the meaning behind the topic is the problem.

It's about showing children the right behaviors, actions and words at a young age because it will be their perspective for the rest of their lives.

Teaching children to respect themselves and others should be a given, but when it comes to serious situations like rape, there are specific ways that children can learn to prevent it.

I have vivid memories of when I first started to understand what assault consisted of and how I could be a victim. I grew up knowing about strangers and kidnappings because my mother expressed how strongly she wanted to prevent those situations for me.

Memories play like videos or sequences of photos in my mind and come from TV shows my mom used to watch. She spent evenings in bed watching crime shows, medical

Fast forwarding to when my sister was 5, I can remember she was more afraid of those shows than I was.

As we grew up and started to comprehend situations of violence and "stranger-danger," my mom heavily emphasized the importance of being aware of our surroundings when we were out in public.

Of course, shows like "Cops" didn't show any kind of sexual assault, but it was the overall understanding of what situations anyone could get into because there are dangerous people in the world.

I benefited from the way my mom taught me about these situations because at a young age I understood how I should respect others, not become violent and always be aware of what goes on around me.

Experts Sager and Steinberg said for parents it's impossible to completely avoid the chance their children will become victims or perpetrators of rape.

"But parents can help their children recognize and avoid the erroneous and harmful attitudes surrounding sex, power, control, and coercion," they wrote.

Sager and Steinberg expressed that parents must teach their children to respect their bodies, instincts, emotions and give them tools to recognize the same thing in others.

It's not about telling a 6 year old, "Hey, this is rape. Don't do it."

Rather, it is about depicting to them how to watch out for rape and violence that is bound to occur in their lives or around them at some point.

According to the organization End Rape On Campus, children should learn about "safe" and "unsafe" touching and ask for permission to touch others at the youngest age possible.

Reinforcing these kinds of behaviors can help a child grow up stronger and smarter than one who didn't learn the difference between respect and rape.

Rape, Abuse & Incest National Network, an anti-sexual violence organization, reported in 2018, "Nearly half of all victims of sexual violence are assaulted before the age of 18."

Children can be at higher risk of sexual assault before they can even comprehend what it is, therefore, parents are responsible for teaching them consistently as they grow up.

Teaching children about heavy topics such as these can help prepare children and make them more knowledgeable sooner rather than later.



ILLUSTRATION BY OLIVIA WRAY

It's not about telling a 6-year old, "Hey, this is rape. Don't do it."

Follow Olivia on Twitter | @bmo_liv

CLASSIFIEDS

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8		9	10	11	12
13					14				15		16		
17					18						19		
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ACROSS

- Superhero accessory
- Whine with snuffling
- Ripped
- Gorse
- Hoarfrosts
- Sought damages
- Canvas
- Mosey
- Utilized
- S S S S
- Judiciously
- Ancient Peruvian
- Small terrestrial lizard
- A way through
- Creature
- Educated
- Inflexible
- Lyric poem
- A synthetic silklike fabric
- African antelope
- Jeans material
- Bewitched
- Layers
- Effeminate
- A clumsy dolt
- Collections
- Found on a horse's hoof

- Nuzzled
- Chocolate cookie
- East African country
- A hollow cylindrical shape
- Close violently
- Entangle
- Eye layer
- Sort
- Wings
- Clairvoyant

DOWN

- Adorable
 - "What a shame!"
 - Stubbornly unyielding
 - Cost
 - Brassiere
 - Not stiff
 - Shadow
 - Small northern whale
 - Killer wave
 - Dethrone
 - Bobbin
 - Countercurrent
 - 4-door car
 - Stigma
 - Arab chieftain
 - Food thickener
- Trudge
 - Adjutants
 - Estimated time of arrival
 - Pushy
 - Flax fabric
 - Center of a storm
 - Guy
 - Half of a pair
 - Short sleeps
 - Annoying
 - Man
 - Bearing
 - Devilfish
 - Elephant horns
 - Goddess of wisdom
 - Divided into zones
 - Party thrower
 - Paris airport
 - Tropical American wildcat
 - Type of sword
 - Love
 - Beer

SUDOKU PUZZLE

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

4		3	8			5		
	2		3	6			7	
						4	1	
					9	2		
			4	8	7			
		9	6					
5	4							
6				7	3		4	
		8			6	7		2

SOLUTIONS

09/11/2019

B	A	R	E	S		I	D	E	M		B	E	A	R	
O	B	E	S	E		N	E	R	O		E	R	G	O	
S	E	D	A	N		S	C	A	R		D	R	I	P	
C	L	O	U	D		B	U	R	S		R	O	S	E	
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8	4	6	9	1	2	5	3	7
1	7	3	8	6	5	4	2	9
9	5	2	7	3	4	1	6	8
5	1	8	4	9	3	6	7	2
3	2	7	5	8	6	9	4	1
6	9	4	2	7	1	8	5	3
7	3	1	6	4	9	2	8	5
4	8	5	1	2	7	3	9	6
2	6	9	3	5	8	7	1	4

JOKIN' AROUND

How can you drop a raw egg onto a concrete floor without cracking it?

Concrete floors are very hard to crack!

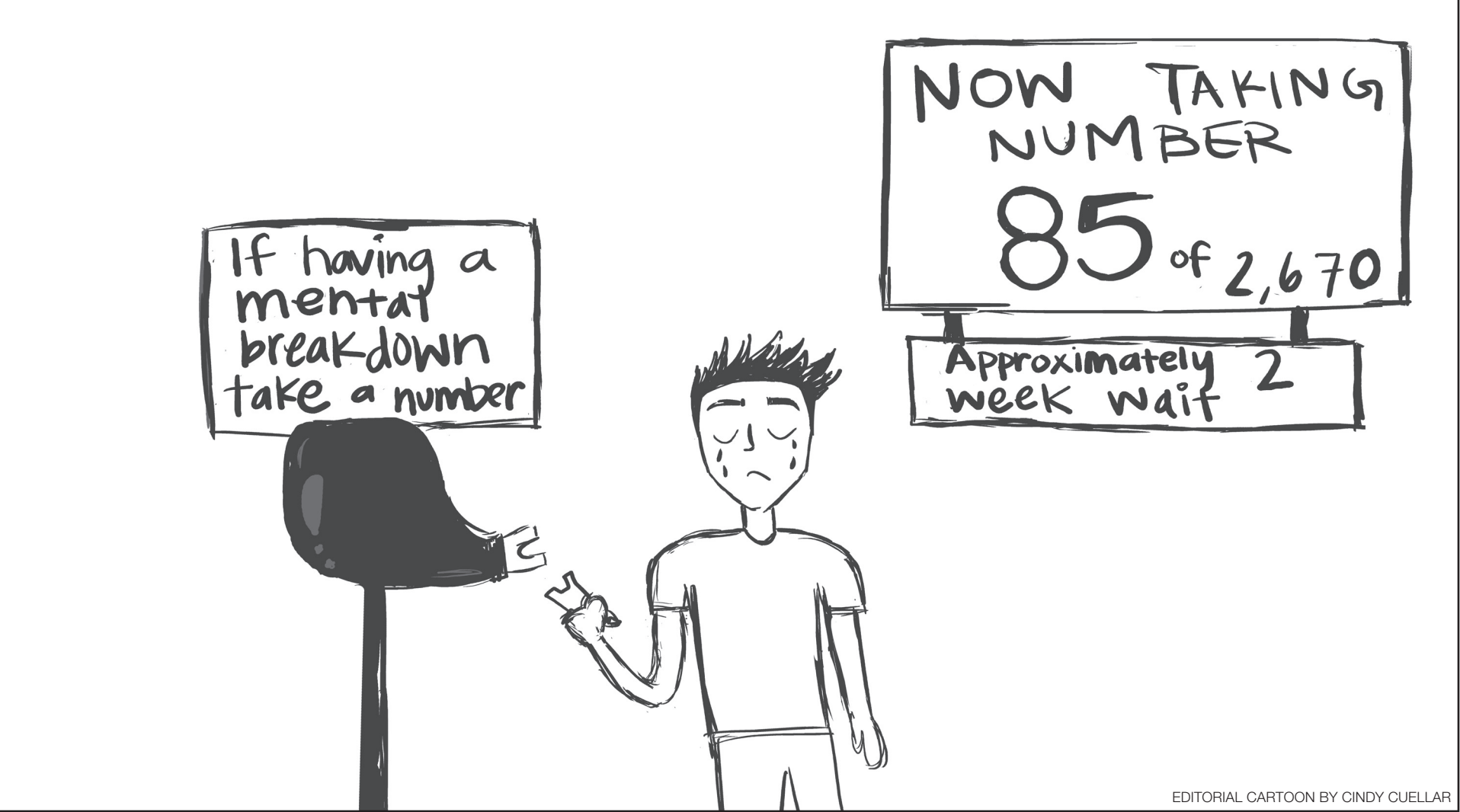
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EDITORIAL



Spartan mental health needs resources

After reporting on changes to the Counseling and Psychological Services office in Tuesday’s issue, the Spartan Daily Editorial Board is concerned about the lack of available mental health services for students on campus. Students are now only allowed to have eight appointments in an academic year.

with your roommates has pushed you to a mental breakdown. At this point, you look for San Jose State’s health and wellness services. You find that the Counseling and Psychological Services at SJSU offer personal counseling, groups and workshops and crisis counseling.

available appointment is two weeks away. During the counseling session, you find the advice helpful, but are also told that you can only have 8 sessions per academic year. With eight months in the academic year, that means one session per month. That is a disaster waiting to happen. According to the National Institute of Mental Health, one in five adults experience mental illness per year. One in 25 adults experience mental illness that disrupts their life.

Looking at SJSU, that would mean out of the 36,000 students, 7,200 of them face a mental illness in a year. More than 1,400 students would face mental illness severe enough to disrupt their life. This seems like an overwhelming number of students, and it’s a

concern that only 38.4% of students from the ages of 18 to 25 years old will actually seek out and get treatment, according to the NIMH. So what impact has the mental health crisis had on Spartans?

The 2016 National College Health Assessment reported that 8.1% of students at SJSU seriously contemplated suicide in the last 12 months. That was three years ago.

The 2018 assessment put that number at 13.4%: a 5 point increase.

More concernedly, the number of students who actually attempted suicide according to the assessment nearly doubled from 1.1% to 2.0% in the two-year span.

This heavily speaks to the need for more counseling services at SJSU. CAPS Director Kell Fujimoto reflected this sentiment.

He previously told the Spartan Daily that the office still struggles with its budget. With a lack of financial support, he said he worries about burning out his small staff of 15 personnel.

“I definitely want to see more staff,” he said last week. “Counseling is not easy work, it takes a lot of time and it takes a lot of emotional toll on our counselors.”

In 2010-11, 1,338 students visited the CAPS office. Now, in the 2018-19 academic year, that number has nearly doubled, with 2,670 students visiting CAPS.

Other areas of campus have had to adapt to the shortage of available resources.

In March, Jen Jurgensen, then-SJSU Athletics and Student-Athlete Advisory Committee coordinator, said, “We’re trying to get

a full-time mental health counselor in here if we can, just cause counseling service is so swamped that we [want to] make sure that our students are getting it.”

Spartans need and deserve high quality counseling services for all students, which requires supporting and expanding the CAPS staff. The rapid growth in the number of students with mental illness, plus the limited counseling staff and services, all point to the fact that SJSU needs to do something now.

The Spartan Daily echoes what Fujimoto said last week: “We all need mental health care and we all need self care. That explains the demand and increase.”

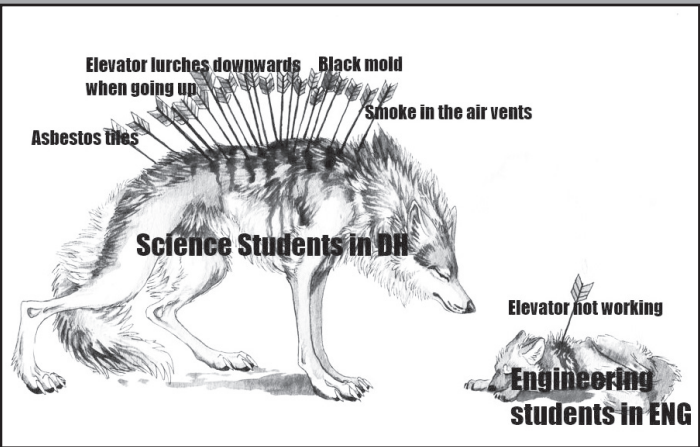
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Spartans need and deserve high quality counseling services for all students, which requires supporting and expanding the CAPS staff.

Imagine you’re a student who has reached your wits end. The four upper-division classes, the eight-hour job on the weekends and now the fight you had

Feeling uncertain about a group therapy setting, you opt for making an appointment with a personal counselor. Unfortunately, the earliest

SPARTAN
MEME OF
THE WEEK



MEME BY MOLECULAR BIOLOGY SENIOR NIKOLA KLIER

Every week the Spartan Daily chooses the best memes about SJSU. Submit yours to us at spartandaily@gmail.com or on Instagram @spartandaily

FALL 2019 JOB FAIR & INTERNSHIP

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Verizon Media

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Meet with employers to discuss job and internship opportunities.

Business casual or professional attire is strongly recommended. Bring targeted resumes for each employer of interest.

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Bring your SJSU Tower Card or a photo ID.

**Tuesday & Wednesday
September 17-18, 2019
12pm-4pm*
Student Union Ballroom**

*Last admittance at 3:30 pm

SJSU CAREER CENTER

Cineasta le quita el velo al arte de SJ

POR MAURICIO LA PLANTE
REPORTERO

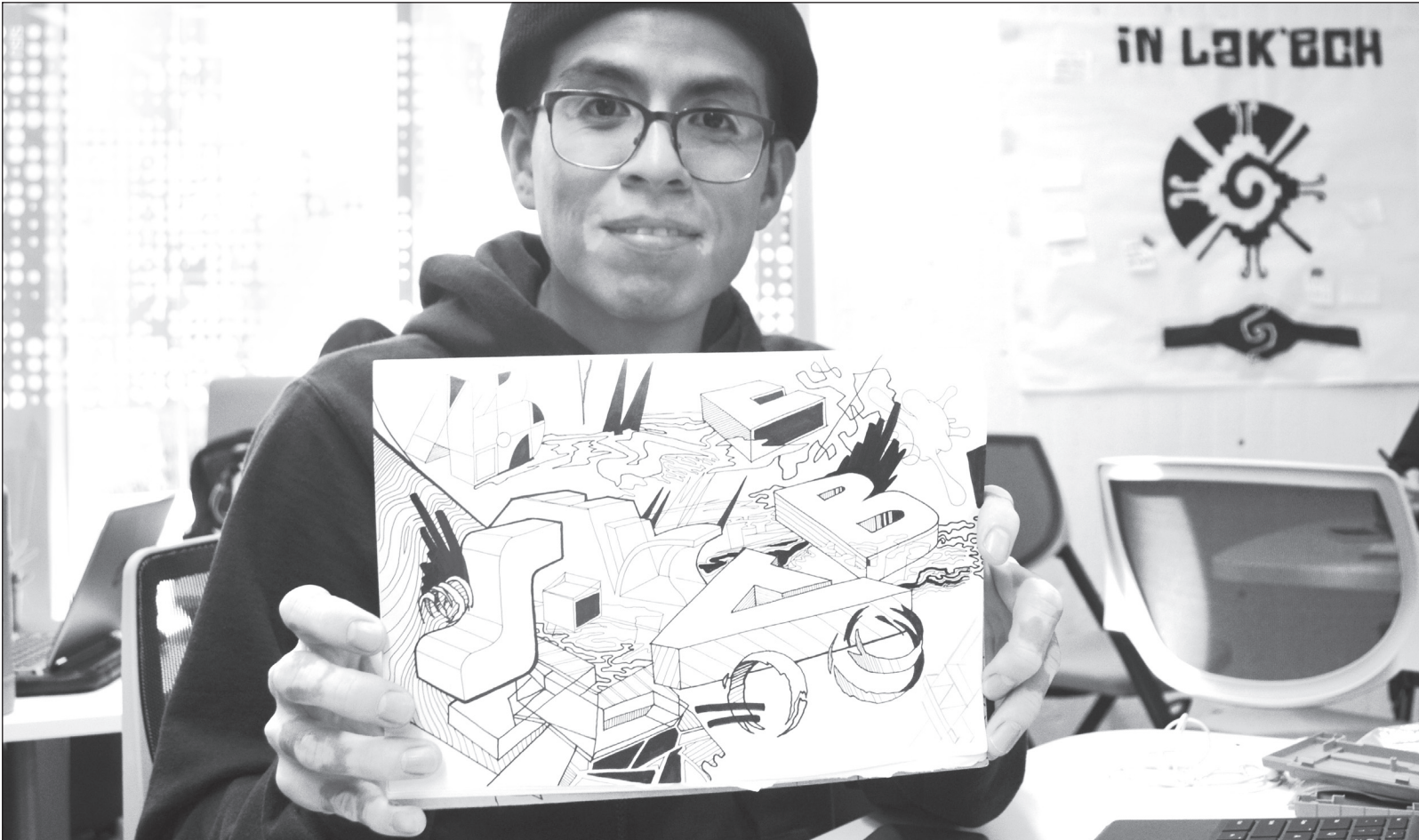
Nicholas Jiménez quería enseñar un imagen de San José diferente de la que él tenía cuando era un joven. “Cuando estaba creciendo, ví un cambio en mí percepción de la ciudad,” Jiménez dijo en inglés. “La opinión que yo tenía de San José era una ciudad aburrida y que no tiene nada.” Jiménez es estudiante de diseño industrial en la universidad estatal de San José.

Hizo unos documentales del arte de San José que se llaman San Jose California Style and Culture. Quiere conectar gente de diferentes culturas en San José.

“Pienso que es importante porque la brecha es como los círculos que nunca cruzan,” dijo Jiménez.

En los videos, Jiménez hace entrevistas con artistas de varias partes de San José. La gente en los videos vienen de barrios y culturas diferentes. Una de las personas enfocada en el proyecto es Trami Cron, el director ejecutivo de Chopstick Alley, una organización sin lucro para artistas del sudeste asiático.

“Pienso que arte no tiene mucha atención, especialmente en las comunidades de la minoría,” dijo Cron en inglés. “Si no contamos nuestra historia, otras



MAURICIO LA PLANTE | EL ESPARTANO NOTICIAS

Estudiante de diseño industrial Nicholas Jiménez enseña su dibujo en el centro de éxito para estudiantes chicanx y latinx donde trabaja.

comunidades la van a contar,” dijo Cron en inglés. El director ejecutivo dijo que el proyecto de Jiménez puede enseñar el arte de las varias culturas de San José. “Porque él es una artista, tiene un perspectiva único,” dijo Cron. El cineasta recibió una beca de \$1,500 de la organización sin fines de lucro Knight Foundation en junio para producir los videos. Logró recibir el dinero porque Anwyn Hurxthal,

una representante del Knight Foundation, le gustó los videos hecho por Jiménez cuando trabajó para Movimiento de Arte y Cultura Latino Americano. “Hice videos de gente que conocía,” dijo Jiménez. “No sabía que quería hacer.” Él no sabía las tradiciones de otras culturas fuera de su patrimonio latino cuando era joven. “Porque era Chicano iba al ‘Navidad en el Parque,’ pero no iba a el festival de la luna o unos festivales

Asiáticos Americanos o del sudeste asiático,” dijo Jiménez. En la búsqueda de una carrera de arte, Jiménez se fue de San José a Los Ángeles cuando tenía 18 años. Pero encontró el mismo hastío en la ciudad. “Cuando salí [de San José], me di cuenta que todo se siente lo mismo en otras ciudades,” dijo Jiménez. Ahora, él dijo que encontró el arte de San José y toda la gente que trabaja para ejecutar los festivales en la ciudad.

Un socio del proyecto Bryan Gutiérrez Arroyo dijo que quiere mostrar más de la ciudad. “San José tiene bastante historia que nadie sabe,” dijo Gutiérrez en inglés. Él dijo que la ciudad es tan grande que sus amigos de su barrio en el sur no saben sobre la escena de arte en el centro. En SJSU, Jiménez quiere que los estudiantes tengan más conocimiento de la cultura cerca de la universidad. Porque Jiménez trabaja en el centro de éxito para

estudiantes chicanx y latinx, quiere promocionar las oportunidades en San José para hacerlo un lugar más amable para los artistas. “Cuando estoy en el centro, activismo y intervención en la comunidad son temas de cuales los estudiantes hablan,” dijo Jiménez. “Yo espero retarlos para que lo hagan más en todo [San José].”

Sigue Mauricio en Twitter
@mslaplanteneews

OPINIÓN

Cultura latina no solo es cultura mexicana



POR ANA ACOSTA
REPORTERA

Es importante educar a la comunidad sobre las diferentes culturas latinas para deshacernos del estereotipo que todos los latinos son mexicanos. Si ponemos a todos los latinos bajo la sombrilla de la cultura mexicana, no nos permitimos apreciar la música, la comida, el baile, el arte e historia distinta de cada país.

A nadie le gusta cuando alguien se refiere a su cultura incorrectamente o basado en un estereotipo, así que hay que respetar las diferentes identidades latinas. Solo porque México es el país más cercano a los Estados Unidos no significa que compone toda la población latina. Siendo mexicana, yo no he tomado mucho tiempo para explorar las diferentes culturas de Latinoamérica hasta recientemente. Después de haber conocido a amigos de Brasil, Honduras y Perú, empeze a darme cuenta que estas culturas vibrantes frecuentemente son olvidadas.

Generalizando a varias culturas bajo una sola cultura borra las identidades de los demás y sugiere que no son tan importantes. Diciendo

que todos los latinos son mexicanos es igual de problemático que decir que toda la gente asiática es china, o confundir a África como un país en vez de un continente.

Desde la densa selva tropical del Amazonas hasta la cordillera de los Andes cubierta en nieve, no hay manera de generalizar a Latinoamérica con unas pocas características.

Hay muchas diferencias culturales entre México y el resto de los países Centroamericanos y Sudamericanos. Por ejemplo, a veces gente piensa que toda la comida latina tiene chile pero esto no es cierto. Ni en Chile se come mucho chile. También se cree que todos hablan el mismo idioma. Aunque la mayoría hablan español, en Brasil se habla portugués y en unas partes

del Caribe se habla francés o criollo. Hasta entre los países que sí hablan español, hay diferentes formas de hablar. En Colombia, una farra es una fiesta, y en Bolivia una torta es un pastel, no es un sandwich. En México se baila el folklórico, mientras que en Argentina se baila el tango y la lista continúa. La historia y geografía de los países Latino americanos también son muy distintos. Desde la densa selva tropical del Amazonas hasta la cordillera de los Andes cubierta en nieve, no hay manera de generalizar a Latinoamérica con unas pocas características. Cada país ha pasado por gobiernos diferentes y tienen su propia política e historia. Es importante poder distinguir estas diferentes historias porque son lo que forman parte de la cultura e identidad única de un país. Entonces, antes de generalizar a los latinos otra vez, toma un momento para aprender más sobre la variedad de culturas que tal vez todavía no conoces. Prueba ceviche peruano o coxinha brasileña. Aprende sobre las ruinas de Machu Picchu o la cultura de “pura vida” en Costa Rica. Te sorprenderá todo lo que hay que descubrir.

Sigue Ana en Twitter
@a_n_a

"Lo más importante es que no esté muy caro porque ahorita no tengo mucho dinero para gastar."

Crisanto Jesús Fernández
estudiante de tercer año de Inglés

"Yo prefiero comer afuera de la universidad solo porque el 'Student Union' a veces tiene muchas personas."

Dalia Amador
estudiante de tercer año de desarrollo infantil

Voces estudiantiles

¿Te gusta la comida cerca del campus?

POR KELSEY VALLE Y JACQUELINE VELA
REPORTERAS

"Tienen buenas opciones. La comida está bien rica, pero tiene que ser más saludable."

Angelica Cornejo
estudiante de primer año en relaciones públicas

"Me encanta que lo hacen en la forma donde hay diferentes opciones para personas que no coman carne o no pueden comer un tipo de pan."

Oscar Arroyo
estudiante de primer año de justicia penal

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ANALYSIS

Brown paves way to players' league

By **Brendan Cross**
STAFF WRITER

Star wide receiver Antonio Brown and his avalanche of recent antics may have accidentally been the first step in turning the NFL into a players' league.

Historically, the NFL has been dubbed an owners' league, meaning that players have little to no say about the direction they see their careers going once they are under the contractual clutches of a franchise's owner.

A recent example of this is the early retirement of potential future hall-of-fame wide receiver Calvin Johnson.

At the time of his NFL departure in 2016, Johnson was still at the top of his game.

Johnson told ESPN the reason he retired was that he was "stuck" in his contract with the Detroit Lions after spending nine years with the organization.

He added that he didn't see the Lions being Super Bowl contenders and the front office of the team was not willing to release him from his contract, so he decided to call it quits.

Johnson also made mention of the NBA and how superstars in that sport have the freedom to go play on any team they want.

The NBA's elite players have total control over their careers, as evidenced by the constant creations of super-teams. Just like last season's Golden State Warriors that had five all-stars, or the current Los Angeles Lakers

that feature LeBron James and Anthony Davis.

If James wakes up tomorrow morning and decides he would rather play with reigning NBA Finals MVP Kawhi Leonard on the Los Angeles Clippers, he could probably make it happen.

While Johnson wasn't able to join a Super Bowl contender, Brown finalized his way onto the current Super Bowl favorite New England Patriots.

Brown, always active on social media, seemed excited to be a part of the Raiders through his various posts and pictures.

But, their relationship was on thin ice when he came to training camp with frostbitten feet.

The injury prevented him from practicing on many occasions, but Brown also skipped out on a mandatory training camp practice Aug. 18 and a walkthrough Aug. 22.

He then threatened to stop playing again until he could suit up with the model helmet he used to wear while on the Steelers, which had been banned by the NFL after failing to meet safety requirements.

It was at this point in the offseason where it felt that Brown was purposefully coming up with ridiculous things to free himself from the Raiders.

Once that was settled, Brown stirred the pot yet again by posting a picture of the letter he received from the team telling him that they were fining him for his unex-

cused absences from camp.

Just days before their first game of the season, Brown and Raiders general manager Mike Mayock reportedly had an argument about the fines where he called Mayock a "cracker."

Brown apologized for the spat shortly after.

A few hours after the apology, however, Brown posted a video on YouTube that featured a recorded phone conversation he had with head coach Jon Gruden where he was asked about his status with the team.

The next day, Brown posted a photo with the caption "release me" on Instagram, tagging the Raiders account in the process.

Oakland obliged and Brown got his wish. For the first time in his nine-year career, Brown was a free agent and could make his own choice as to where he wanted to play.

Hours later, New England swooped in and gave him a one-year deal. Most of the other players in the NFL could never get away with what Brown did, but that's what being a superstar did for him.

His stature as one of the league's best players afforded him the opportunity to immediately sign with an NFL powerhouse despite the incredibly tumultuous summer he had.

Will we see superteams in the NFL? Probably not.

A single NFL player can't make the impact a single NBA player can.

No doubt Brown went



PHOTO COURTESY WIKIMEDIA COMMONS

Wide receiver Antonio Brown's antics, however silly, are potentially changing the NFL.

about it in the worst way possible, causing commotion at every turn, but he's now on a team that he actually wants to play for.

He may have just paved the way for other elite players to take control of their careers and do the same.

But while Brown's antics may have improved the league for other players, he, himself, is at risk of not playing again because of other issues.

On Tuesday, the New York Times reported that Brown has been accused of sexual assault in a lawsuit filed by a former trainer of his.

This wasn't the first case of Brown being involved with a sexual assault controversy.

Two days prior, Brown liked a tweet that called for Mayock to be raped.

Regardless of Brown's off-field problems, the National Football League Players Association will look forward

to negotiations for its next collective bargaining agreement, which is a binding contract between team owners and players within the league.

These conversations will begin in 2021 as players will try to reclaim control of their contractual needs. Whether the owners will budge remains to be seen.

Follow Brendan on Twitter
@BrendanCross93

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